

Healthy Indian Food

In order to eat healthy on the go, it is essential to carefully analyze the ingredients, preparation methods and possible additions of each dish, since food prepared in restaurants is always more caloric than homemade. Here we show you the healthiest dishes you can order in an Indian restaurant.

The healthiest dishes in an Indian restaurant

As with the Chinese, Japanese, Mexican, Italian, Thai, Peruvian and Kebab restaurants, below we have selected the healthiest dishes in terms of nutritional quality that you can order and eat with confidence at an Indian restaurant:

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Appetizers

In the appetizers of an Indian restaurant we can find a variety of fried dishes like the classic samosas with different fillings and these would not be a recommended option because of the frying that adds fat and because they are made with refined

flour, like the aloo tikki, these are a kind of croquettes and therefore fried.

A healthy alternative as an appetizer or appetizer is the paneer tandoori, a cream cheese with a sauce of vegetables and spices that can be served with fresh vegetables or rice.

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Other options like pakora or onion bhaji are also prepared with vegetables, but cooking them is a roast that can introduce trans fats and concentrate the dish's calories, so it's not a recommended alternative.

Tandoori dishes

tandoori

The tandoor is a cylindrical oven used to cook a variety of meats, many of which are macerated or seasoned with a spice mix called tandoori masala.

Tandoori dishes are generally very nutritious, rich in antioxidants and based on vegetables, often with meat, among which chicken and lamb predominate. So

we find chicken or chicken tandoori, lamb or lamb tandoori and even shrimp and salmon in the same style.

We also find chicken or lamb tikka, which are pieces of chicken or lamb marinated with yogurt, ginger, lemon and spices. And we can also find chicken, shrimp or lamb skewers cooked in the tandoor oven and with tandoori spices.

curries

Curries 1786000 1280

Curries are very traditional dishes of Indian cuisine and among the most popular are those with chicken and lamb, as well as those with shrimp and fish, all of which are recommended except when adding cream or butter which add saturated fat in large proportions. such as butter chicken.

The best curry alternatives are the vegetarian ones based on aubergines, for example lentils, potatoes or others like okra, very typical of Indian cuisine.

Another alternative within this category of dishes is the yellow or red lentil dahl, which is also a high-fiber, filling dish with

a variety of vitamins and minerals for the body, making it a good option for an Indian restaurant.

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